



## Student embarrassment

X-rated hypnotist puts students in awkward positions all in the name of fun and entertainment.

News 2

# Spoke

## Golden women

The Golden Girls are back. The first season of the show is out on DVD.

Feature 7

## The puck stops here

Men's and women's extramural teams gear up for games and tourneys.

Sports 12

Monday, November 29, 2004

Conestoga College, Kitchener

36th Year — No. 26

# CSI launches Operation Take Care

By RYAN CONNELL

Kitchener's homeless can use a helping hand.

To meet this need, Conestoga Students Inc. (CSI) is encouraging students to donate items that will be used in care packages for people on the streets.

CSI director Jessica Wismer, a third-year marketing student, and CSI self-serve area employee Dolly Phan, a first-year public relations student, are responsible for starting the Operation Take Care hygiene kits drive.

"Students should help out because there are people out there who are less fortunate and can't afford to take care of themselves," Phan said.

Personal hygiene products that students can donate include things like shampoo and conditioner, razors and shaving cream, soap and face clothes, toothbrushes and toothpaste, brushes or combs, floss and mouthwash, deodorant, feminine hygiene products, nail clippers and hair elastics. Toques, mittens, gloves and scarves are being collected during the winter months.

Wismer said she plans to distribute the kits with other student volunteers



(Photo by Ryan Connell)

First-year public relations student Dolly Phan (left) and CSI director Jessica Wismer, a third-year marketing student, show some of the items collected so far for Operation Take Care.

to various homeless shelters and soup kitchens like the St. John's soup kitchen after they put together about 10 to 15 care packages.

"Someone who doesn't necessarily have all of those things (that are inside the care packages) sometimes feels forgotten, so it's something that's nice to do and needs to be done," Wismer said.

Wismer and Phan began a sock drive earlier this month at the CSI office where students could donate their new and old socks to the homeless to help ward off the cold during the winter months.

CSI plans to run Operation Take Care throughout the school year and not just during the Christmas season.

"I think everybody at Conestoga College should get involved in something," Phan said. "Especially since it's the holidays, we should use our money and free time to help others in need. There are lots of people out there who are cold and they need support from people like us."

Students who wish to donate items for the care packages can bring them to the board of directors' office located inside the Sanctuary.

## M&M once again supports college

By JENNIFER ORMSTON

M&M Meat Shops has donated \$50,000 to Conestoga College's Waterloo campus hospitality programs.

The money, which will be granted over five years, will go towards purchasing new equipment for the food and beverage management program's dining room and the bartending lab.

As the years go by, equipment needs to be refitted, said Ingrid Town, executive director of development and alumni relations at the college.

"So they will get whatever is needed to upgrade the dining room and whatever is required for the culinary arts program."

Improvements will include an awning for the dining room and a new ice machine and refrigerator in the lab.

Mac Voisin, president and CEO of M&M Meat Shops, said "the timing was right" to make this contribution.

"We're in the food industry and we like to support the college, especially in this particular area. We want to promote food and everything related to dining."

Town said it is clear from her discussions with Voisin that he is a big supporter of college president John Tibbitts' vision for the future.

Voisin, whose company has hired many Conestoga College students,

is a self-proclaimed fan of the college.

"We just think Conestoga is the best," he said. "It has always been the best-run college in the province."

Town said she thinks the donation will help to raise the status of the food and beverage management program.

"As they upgrade the equipment and facilities and are able to bring in more students as a result of the changes, it will definitely bring more attention to those programs."

The Voisin family generously supports many charities, including the Crohn's and Colitis Foundation of Canada, the Kitchener and Waterloo Community Foundation, the United Way and the Waterloo Region Food Bank.

In the past, Voisin and M&M Meat Shops have made significant contributions to the college, including the establishment of the Mac Voisin scholarships in the school of business and donations to the college's golf classic tournament.

"This summer they provided the lunch for the golf classic, which would typically have cost Conestoga around \$3,000 to \$5,000. They've always been very generous," said Town.

In recognition of M&M Meat Shops' charitable contribution, the Waterloo campus dining room will be renamed to acknowledge this donation.



(Photo by Benjamin Richmond)

First-year civil engineering technology students Adam Dickieson and Laura Knight gather information for a land survey using a transit machine.

## CSI helps makes Xmas wishes come true

By JENNIFER HOWDEN

Conestoga Students Inc. (CSI) is making this holiday season a little easier for students with children, thanks to a Christmas tree.

The Christmas Wistree is back for another year to help students with children under the age of 15.

From now until Dec. 10, students with children can go down to the CSI office and register their child's age and gender as well as write down a suggestion for what their child might want for Christmas.

An ornament representing the

child is then placed on the tree outside Door 4.

Other students, faculty and support staff pick an ornament off the tree and buy a gift for that child.

CSI will go out and purchase the gifts for the ornaments that are left on the tree after Dec. 10.

When the gift is purchased, the ornament and the unwrapped gift can be returned to the CSI office.

On Dec. 15, the gifts will be ready to be picked up by the parents.

"It's very heartwarming when the parents come in and are grateful for the opportunity, it just makes

everyone feel good," said CSI general manager Judy Dusick.

According to Dusick, the wish tree is a long-standing tradition that has been with Conestoga for at least the past 10 years.

Last year, 53 children were given a gift thanks to Conestoga students, faculty and support staff.

"The staff and the faculty and the students are just so generous here," said Dusick.

Anyone interested in registering their child for the tree can go to the CSI office in Room 1B21 and talk to Nichole Jimenez, event programmer.

## Now deep thoughts ...with Conestoga College

Random questions answered by random students

What is the most interesting  
combination of food  
you've ever eaten?



"One time I dunked french fries in chocolate pudding. It tasted all right."

Enis Cahit

"I ate Skittles and a hamburger."

Brendon Crapper



"One time I mixed a peanut butter and jam sandwich with pickles and cheese. It really wasn't that bad."

Ryan Balgobin

"I ate ketchup chips and a butter tart."

Carrie D'entremont



"I once ate pizza with chunky peanut butter."

Ashley Collins

"When my boyfriend and I first met, he made me chicken and pancakes."

Lisa Scott



"I made a tuna sandwich with ketchup. It was disgusting."

James Richardson

Smile Conestoga, you could be our next respondent!

## XXX-rated CSI event has the good, bad and ugly

By STEPH BAULK

I'm sitting on a darkened stage in complete silence with my eyes closed. I'm listening to a voice telling me to relax every bone in my body, a voice telling me to sleep.

I'm in the Sanctuary on Nov. 18, in front of more than 350 students and I'm about to be hypnotized by Tony Lee, XXX hypnotist.

I had been waiting for this moment all week. Waiting to see if this hypnotist would be able to live up to his reputation and be able to put me under his spell.

I must admit, I definitely had doubts about the whole thing from the start, but I couldn't pass up an opportunity to put hypnosis to the test.

I was a little nervous, but I think I had every right to be. This man is a XXX-rated hypnotist. I could only imagine what kind of things he would make me do if I did fall into a hypnotic state.

So here I am. I'm sitting on the stage and Lee is telling me I'm tired, and I am. I'm feeling sleepy, but I'm wondering if it's because I'm about to be hypnotized, or if it's from the long hours of work I had been putting in that week.

He's moving on with the show and he's telling me and the other people up there with me that we are all very hot, and getting hotter by the second, and I was.

I was sweating. I was so hot I felt I was suffocating. Was I so hot because Lee was telling me I'm hot, or because I'm sitting in a small room filled to capacity and I'm wearing a sweater?

Before I could figure any of this out, Lee is telling me I'm cold, real cold. Did I just feel chills running through my body?

It was hard to tell whether I was falling into the state of hypnosis or if everything I was feeling was a complete coincidence.

The CSI event continued and I figured I would soon come to the point where I would figure out if this whole thing is a complete joke, or if I would really be hypnotized and possibly make a fool of myself.

And then it happened. Lee told everyone on stage as soon as he gave the command they would be driving in some fancy convertible, shifting gears and feeling the wind blow through their hair.

The moment of truth was here, I sat and I waited for the command to start driving my fancy convertible down the highway.

Lee gave the command, and I sat there. I was supposed to be driving a car, but clearly I wasn't. I was at Conestoga College in the Sanctuary. I was sitting in a chair on the stage.

I wished I could have been out on that highway driving a car I could never afford, but the truth of the matter was that I wasn't.

As I'm thinking this over with my eyes closed sitting in my little chair, I feel a tap on my knee. I open my eyes and there's Lee kneeling in front of me telling me to get off the stage.

I went back to my chair in the crowd, feeling slightly disappointed. The hypnotist had no effect on

me whatsoever, but at least I was able to obtain closure. I just wasn't able to get hypnotized.

As the show moved on and Lee started to make the remaining people on stage perform on command, I became increasingly relieved he wasn't able to hypnotize me.

The sexual content and vulgarity of the show went absolutely through the roof. But that's not to say the audience didn't respond well to it.

The crowd laughed hysterically as the people under hypnosis did everything Lee demanded, and it was not pretty.

Lee had the people on stage thinking they were receiving the best oral sex imaginable, then coming to orgasm. He had them imitating the act of sex with everybody and everything, he had them masturbating. If you can think of it, the hypnotist had them doing it.

Lee had one man on stage moon the audience when he said the phrase "Breakaway Tours."

Lee pulled a man from the audi-

ence up on stage and had him take his shirt off. He put whipped cream on his bare chest and around his crotch area, then had two of the men who were under hypnosis lick it off.

I came off that stage at the beginning of the show thinking the whole hypnosis thing was completely bogus. But as the show went on I began to change my mind.

I don't think anybody in their right mind would do the things those people did on stage that night.

So, I have come to the conclusion I just wasn't the right person to be hypnotized.

Kudos to those people who got up on stage and stayed up there throughout the show. You are all really brave, and to do the things you did, entertaining hundreds of people, you deserve a little respect in my books.

For all those who missed seeing Tony Lee, don't worry. Lee will be returning in April to put on another show for Conestoga.



(Photo by Kate Battler)

After dancing for a birthday girl, Robbie Bauman gives an unsuspecting audience member a lap dance.



(Photo by Kate Battler)

Aaron Kendall, being held in place by his two friends, gets some whipped cream licked off of him by one of the hypnotized participants.

# Conestoga's Job Connect program gets award

By JANET MORRIS

The Ministry of Training, Colleges and Universities has given the Job Connect program of Conestoga College an award for service quality.

Conestoga was the only college in midwestern and southwestern Ontario to receive one of the six Minister's Award of Excellence in the service results category. The award was presented at a banquet held on Nov. 1.

The award recognizes business practices that achieve or exceed provincial standards in customer service, effectiveness and efficiency.

Conestoga's award was given in respect to the Kitchener Job Connect location.

Conestoga College offers the program at four locations — Cambridge/North Dumfries, Guelph, Kitchener and Fergus and Wellington county.

The manager for Job Connect said this award speaks to the quality of

programs provided at the college.

"Conestoga is in touch with the local labour market and has excellent employment linkages," said Sherri Tryon.

If you are a student, member of the public or employer you can expect quality service from the program, she said.

The Job Connect program helps unemployed, out-of-school youth ages 15 to 24 receive assistance in finding and maintaining sustainable employment. Some of the program's services include help with job searches, career planning, coaching and training opportunities.

Employers can use the program as a source for recruiting applicants to meet their staffing requirements and can be eligible to receive a training subsidy.

This is not a temporary employment agency, said Tryon, rather a means for providing the skills and training to meet a person's career goals in finding sustainable employment.



(Submitted photo)

Sherri Tryon (clockwise from top left), Pamela Jadischke, Heather Mackenzie-Card, David Brown and Sonja Roy-Smith, all from Conestoga College's Job Connect program, received a service results award on Nov. 1.

## OHIP makes changes to eye exam coverage

By CHANTELE TIMPERLEY

Yearly eye exams for people aged 20 to 64 are no longer being covered by the Ontario Health Insurance Plan (OHIP).

According to OHIP's website, the decision became effective Nov. 1, and those no longer being covered will have to pay a service fee themselves or have the cost covered by private insurance.

Dr. Robin Apfelbeck, a Waterloo optometrist for five years, said consultations for eye infections like pink eye will also need to be paid for by patients at her office. The fee is \$35.

She said patients can go to their family doctor for a referral to an optometrist, in which case OHIP would receive two billings - one from the family doctor, and one from the optometrist for treating the patient.

Apfelbeck said she understands the change will be difficult for some.

"I know it's going to be hard for some people who can't afford it," she said.

A Durham Region online article ([www.durhamregion.com](http://www.durhamregion.com)) said the eye exams can cost as much as \$70-80 per visit, but that some optical stores will reimburse customers if they purchase a pair of eyeglasses.

The article stated that Premier Dalton McGuinty made the change so the government would have more money for more important health issues, such as surgery and long-term care for seniors.

OHIP's website said the change will not affect ophthalmology services for anyone with medical conditions or diseases affecting the eye.

Patients of any age with glaucoma, cataract, amblyopia, corneal disease, strabismus, retinal disease, diabetes mellitus or visual field defects can go to their optometrist or physician for an eye exam covered by OHIP.

Anyone with other medical eye conditions may still be eligible for coverage, but will have to consult a



(Photo by Chantelle Timperley)

Kristopher Desrochers, an engineer from Kitchener, checks out the wide selection of glasses at i Vision in Waterloo. According to a [www.durhamregion.com](http://www.durhamregion.com) article, some optical stores will reimburse customers for an eye exam if they purchase a pair of glasses.

primary health-care provider before receiving it.

Anyone under the Ontario Disability Support Program, Ontario Works or the Family Benefits Program will still be covered for eye exams every two years.

OHIP is increasing coverage for patients aged 20 to 64 with medical conditions affecting the eye, and they can receive an eye exam every 12 months. They used to only be available every two years.

Doug Sulkowski of Optical Illusions Inc., who has been an optician for the past 15 years, said he did not think OHIP made a bad decision.

"Eye exams are one of the lower priority things," said Sulkowski. "Something had to go, and this was the thing."

People aged 20 to 64 were targeted because many have a benefit plan at their place of employment, and it is hoped eye exams will be covered under these plans.

Kevin Jarvensivu from Lens Master has been an optician for 12 years and said his store will be reimbursing customers who pay for their eye exams.

"We reimburse them a percentage, usually about 50 per cent," he said. "Eye exams run about \$60-\$80, depending on the optometrist."

He said he sees the change as being permanent and he does not think it is positive.

"Quite a lot of people won't bother having eye exams," said Jarvensivu. "It'll depend on the individual whether or not it's a priority."

## Students help make recycling a success

By JEN GLAHARDO

How hard is it to recycle at Conestoga College? When you're drinking a can of soda, and all you see is a garbage bin in front of you, what do you do? Do you look for a recycling bin, or just toss the can in the garbage?

In an article written on Nov. 1 in Spoke, first-year marketing student Nicola Parkinson said, "I always see garbage bins filled with recyclable material." So exactly how much recycling is getting done at the college?

Cheryl Vogan, in physical resources, said concerns have been raised by students that the recycling bins are not together and they are always full. As a result, Martins Building Maintenance, who runs housekeeping, has gone around the college and re-evaluated the locations of the bins. There should now be three recycling bins and a garbage can together at each location. Each of the recycling bins is labeled glass, paper or cans and plastics.

Vogan said having the bins all together should make the choice to recycle a lot easier for students and staff.

Housekeeping is also finding out which parts of the college need extra bins and which do not.

The ministry guideline for recycling says that as a facility, the college has to divert 60 per cent of its waste from the landfill, and Conestoga College is currently diverting 62 per cent, Vogan said.

"The bulk of it comes from the students and their initiative to

make that choice to recycle and that's why we're successful at it."

However, there are a lot of different types of recycling programs at the college other than the blue bins.

Conestoga College also has a cardboard compactor and a bin for metal and steel, and it donates outdated furniture. People can also take old projects or scrap wood from the wood-working building for firewood. However, only certain woods may be recycled because of certain glues used on some projects. Students or staff should see Don Franklin in the school of engineering technology in the wood-working building to get scrap wood, but must have their own container or box to carry the wood in.

Groundskeeping also does their part in recycling by taking yard waste and leaves and putting them back into the forest to provide it with a new floor and natural composting.

Although housekeeping empties the bins twice a week, they are not always aware if the bins are full before then.

Vogan said students with suggestions or who notice a bin is full are always welcome to go to physical resources in 2A105 and talk to them.

She reiterated the college would not be surpassing the ministry's guidelines of diverting 60 per cent of waste from the landfill without help from students and staff.

"They're what is making the program a success."

## Electoral system in need of change

Ontario's electoral system is in need of reform, and Premier Dalton McGuinty is promising changes.

His Liberal party's platform reads, "After consulting with the public, we will hold a referendum on whether we should keep the winner-take-all voting system or replace it with another."

It goes on to state that alternatives to our current voting system could include some form of proportional representation.

As a result Ontario will have an independent citizen's assembly on electoral reform.

It will be up to the assembly to assess Ontario's first-past-the-post system, or single member plurality. This system works by awarding the person with the most votes in each electoral district a seat in the House of Commons. This means that candidates do not need to receive more than 50 per cent of the vote to be elected.

Our current system was designed at a time when there were only two political parties, which guaranteed the winning party would always have more than 50 per cent of the vote. Now, with three major parties in the legislature, the Liberals, Conservatives, and the NDP, the winner can have as little as 33 per cent plus one vote. In ridings where four parties are active, as little as 26 per cent of the vote can put a party into parliament.

In Ontario's last election, the Liberals received 46 per cent of the popular vote, but ended up with 70 per cent of the seats. Fewer than half the MPPs elected received more than 50 per cent of the votes in their ridings.

Had the proportion of seats been determined by the popular vote, the results would have meant the Liberal party would have formed a minority government, followed closely by the Conservatives. The NDP and the Green Party would hold the balance of power, with the Liberal party needing the help of the left-swinging parties to pass resolutions.

It will be up to the assembly organized by McGuinty to assess our voting system, and look for alternatives. If the assembly recommends a new voting system, it will be taken to voters in a referendum to be held before or in conjunction with the next provincial election.

Proportional representation is simple, and it is the best system for Ontario and Canada. If a party wins a percentage of the votes, it receives the same percentage of seats in legislature. A party would require a majority of the votes to win a majority government.

Quoting Elections Canada's official statement, available at elections.ca, on the future of voting: "The success of the Canadian electoral system is due in part to its ability to adapt to and reflect changing circumstances. Electoral laws have evolved and will continue to evolve as various legislative provisions are amended to reflect societal change."

Canada's electoral system is considered to be one of the best, and is a reflection of the Canadian people. Too many voters are becoming disillusioned with our voting system, and the number of people voting is relatively low considering voters make the decisions for our country.

Proportional representation would reflect the voters' wishes, and replace a flawed voting system.



## Keeping source confidential is journalists' right

Ken Peters, a Hamilton Spectator reporter, was cited for contempt of court on Nov. 17 and could now face a fine or jail term because he did something every journalist should do. He refused to reveal the name of a confidential source.

Peters wrote a series of newspaper stories in 1995 based on sensitive documents leaked to him containing allegations of abuse and poor care practices at St. Elizabeth Villa, a Hamilton retirement home.

He was subpoenaed to testify in a \$15.5-million civil suit launched by the villa against the former region of Hamilton-Wentworth, the city of Hamilton and public officials.

On Nov. 17, he was ordered by Superior Court Justice David Crane to identify one of two people in the meeting at which he was handed the sensitive documents.

Peters refused, testifying that doing so would ultimately reveal the identity of the second person, the one he had promised to protect.

"With all due respect, Your Honour, I can't do that," he said, also refusing to disclose where the meeting took place



Jennifer Howden

Opinion

Close to 100 Spectator journalists and newsroom staff broke into applause when Dana Robbins, the paper's editor-in-chief, told them what Peters had told the judge.

I also applaud Peters.

Peters not only promised confidentiality but he has been keeping his promise for almost 10 years.

I am impressed with Peters' journalist integrity and I believe that he did the right thing by refusing to reveal his source.

By protecting the identity of a confidential source, Peters has reaffirmed the principle that protecting sources is fundamental to freedom of the press.

Peters was simply standing up for that freedom.

Journalists have the right to keep their sources confidential and confidential sources have the right to anonymity. Keeping our sources

confidential is an important component of our ability to maintain the public's trust.

One of the first things we learned in journalism is the public has the right to know. A journalist can't possibly know everything that is going on in his or her community and that's where sources come in.

Sometimes a source puts his or her job, relationship and reputation on the line to provide important information to journalists and that's why confidentiality is crucial. Journalists need to protect their sources. If the media promises confidentiality and then takes it back no one would want to speak to us.

Without sources, many important stories would never have been written. Our sources give us story ideas, background information and first-hand accounts of what is happening. They are what help us to function as the watchdogs of society.

Journalism has had some black marks against it of late, with several reporters being caught making up sources and quotes. However, it's journalists like Peters who show the public that good journalists can be trusted.



### Letters are welcome

**Spoke** welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words.

**Spoke** reserves the right to edit any letter for publication.

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# Conestoga has a history worth remembering

By NICOLE DEAK

Conestoga College has a long history and changing for the future doesn't have to mean ignoring the past.

According to Ted Spicer, a liberal studies and communications teacher, the college has a history that needs to be celebrated, not frowned upon.

"We don't have to take anything away from our history, we need to learn from our history and we do not have to re-invent anything," said Spicer. "History bears repeating and people who do not learn from history are doomed to repeat the same mistakes."

Spicer has been teaching for 39 years and said he felt new visions were good for the college, but visions from the past are just as important.

"President (John) Tibbits, rightly so, says the college should have new visions, that the college's vision, as it was designed 37 years ago, might be obsolete," he said. "It's not obsolete; you can incorpo-

rate new visions, like he has, into degree-granting programs. It does not mean we have to give up on the broad base and diversity we already have."

When it was established in 1967, Conestoga College had 750 students enrolled. Spicer described the creation of Conestoga College as a hostile takeover. Before Conestoga College became a college, the individual campuses in Stratford, Guelph, Cambridge and Waterloo were adult re-training centres. A centre was also located in Clinton.

"We (Waterloo campus) had always been with a local school board, and at that time, local school boards became county school boards," said Spicer. "County school boards didn't want us because they thought we were a strange creature and didn't fit in."

The Waterloo re-training centre had 1,400 students who went to school 24 hours a day, seven days a week. Classes were offered in three shifts around the clock at the four facilities.

It was in the late 1960s that the

province decided to turn the adult re-training centres in Ontario over to the colleges. Thousands of teachers had to become part of the college, resulting in post-secondary growth.

One strength Spicer said he felt came out of 24-hour training was the fact that faculty learned to be flexible and adapt to their surroundings.

"The school ran on a continuous intake," said Spicer. "I would go in to teach at 7 a.m. and the midnight students would just be going home."

At that time, the college primarily served the immediate area. Today, Conestoga's students come from all over, but the mandate of colleges is still to serve their geographic area. Now that Conestoga is a degree-granting Institute of Technology and Advanced Learning (ITAL), the student base will expand even farther, with hopes the school will attract more students from around the world.

In the early years, Conestoga College trained students to achieve a high skill level in courses such as

welding, machine shop and meat cutting.

"We trained many of the welders who built Bruce Power, a nuclear plant, and that's a high skill level," said Spicer.

Another aspect of the college's history Spicer feels is important is the act of mastery teaching, that is, students could only pass if they achieved an 80 per cent or higher.

"Many colleges and universities may still promote this, but they don't have the time and luxury to do it. We're all told we have a semestered system and if you fail, you fail. Come on back and pay your money again," said Spicer. "But under mastery teaching, students stayed in one group until they got it."

The third aspect Spicer felt was important was individualized learning, which meant students moved through the education system at their own pace.

"We are not allowed the luxury of doing that now," he said.

A criticism Spicer has is, in universities, students either pass or fail

depending on the grade curve.

"Professors plot everyone's mark on a bell curve. They must have so many failures, so many high marks and the rest must fall somewhere in between," said Spicer. "What does that have to do with the success of the student? It's a great way to make money, that's why (universities) have high attrition rates."

Spicer said he felt individualized learning could lower the high attrition rates of colleges and universities across the province.

"This college could learn from the experience of many thousands of our graduates who had individualized learning, who were taught on a mastery skill level," said Spicer. "You do it until you get it right!"

"We do not have to re-invent some of the things some people at the college want to re-invent because they didn't even know we did it before," he said. "You hear people talking about the way we used to do it and you think, oh they're stuck in the past. That's not true of anything like politics or religion. History bears repeating."

## Students speak up for a better college

By KRISTEN MCMURPHY

There's no question that Conestoga students aren't as involved in their school as they could be.

Most of us go to our classes and head straight home, only to do the same thing all over again the next day. Occasionally we kill time in the Sanctuary between classes or on our lunch break when a guest speaker or activity is scheduled, and many of us have made at least one appearance at one of the monthly Thursday night events held by Conestoga Students Inc. (CSI).

But overall, there just isn't the student involvement one might expect to find in a post-secondary institution.

A lot of students see room for

improvement. From planned events to services offered, many feel that some changes could make their college experience more enjoyable.

"I think we need a good on-campus pub and restaurant with a main weekly event," says Amanda Silva, 19, a first-year early childhood education student.

First-year general arts and science student Ashley Karpowicz agrees.

"We need a place where we can just hang out, study and still have a good time," the 17-year-old says.

The Sanctuary provides this type of environment, but during the quieter hours at the school the Sanctuary's doors are locked, forcing students to retreat to one of the cafeterias or elsewhere.

"We also need more events that let us meet other students who aren't in

our programs," Karpowicz adds.

A Frosh Week with more activities is another way students feel the college could make a good first impression to new students.

"We didn't really have much of a Frosh Week," says Shawn Smart, 19, a first-year police foundations student.

"There were some good events but I'd like to see more, like have live bands perform."

Overall, students are looking for extended hours in the activities the CSI already offers, and an after-hours hangout where they can unwind after a long day of classes.

Ashleigh Latimer, a 19-year-old first-year early childhood education student, thinks the school needs more organized clubs.

"We have a few and that's great,

but I think we need more options for students who aren't really interested in those clubs," Latimer says.

She suggests that new clubs, such as a photography club, could increase the student involvement in the school.

Third-year marketing student Debb Hohl, 21, would like more attention given to students who need to do school work at the college in the evenings.

"We need more computer labs with computers that have all the necessary programs on them," Hohl says.

Specialty programs such as Photoshop, Quark, Corel Draw and Auto Cad are on computers at the college, but scattered throughout different labs, many of which are locked outside of class hours.

Despite the new addition to the learning resource centre that provides more seating for students, Hohl thinks even more seating and a wider variety of resources would be beneficial to students who use the centre for studying and doing research and assignments.

Changes like the ones students have suggested would dip into the pockets of the college and CSI to cover costs such as staff wages, increased security and major renovations to the college.

It is possible, though, that if student input is taken seriously, the money could be returned to the college tenfold and in the end be a worthwhile investment. This is what the students want, and most likely if they get what they ask for they're going to take full advantage of it.

## Quilting to halt the spread of AIDS

By RYAN CONNELL

With every stitch, with every thread, the quilt grows in size in remembrance of the hundreds of people who die from AIDS in Canada each year.

Kitchener collegiate institute (KCI), located at 787 King St. W., will be holding a public viewing of the Canadian AIDS memorial quilt in celebration of World AIDS Day on Dec. 1.

The quilt, which will be on display from 6 to 9 p.m., will showcase locally-made panels for the first time that were created by people in the community who were affected by the AIDS virus.

The memorial quilt is constructed of more than 600 3-x6-foot panels, each dedicated to the memory of someone who has died of AIDS. Eight panels are sewn together to represent a single 12-foot square area called a section in the panel. More than 90 panels will be on display.

There is six panels in one section that were made by or for people in the Waterloo region and Wellington county. The new additions were added to the quilt in June 2003.

As of Nov. 15 the quilt had already been taken to eight high

schools in the Kitchener-Waterloo area and will finish its tour at KCI.

The quilt is being shown for the general public on World AIDS Day, a day dedicated to urging people to get involved in making a difference in the global fight against HIV and AIDS.

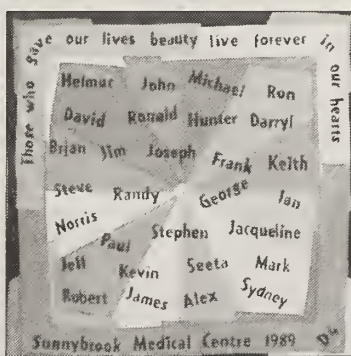
Dianne Roedding, a public health nurse from the Region of Waterloo public health department, says she hopes people will think more carefully about their actions when they see the quilt.

"The quilt humanizes the statistics because when they see it, they realize it could be them," she said.

The quilt was also on display in Kitchener-Waterloo last year but Roedding says the majority of panels were made in dedication to different gay men whereas new infection rates show that the number of women and children with the disease is on the rise.

"The planning committee chose the sections (that are on display) that have a connection with Waterloo Region and demonstrate the diversity of people infected with HIV," Roedding said.

In 2003, 2,482 Canadians tested positive for HIV and 218 people were diagnosed with the AIDS



(Internet photo)

The Sunnybrook Medical Centre in Toronto made a section for the quilt in 1989 featuring names of people who have died from AIDS.

virus according to a surveillance report by Health Canada — a minimal number in comparison to the 8,000 lives that are taken every day in the world from AIDS; five people every minute.

Almost 38 million people live with HIV and AIDS worldwide.

The quilt is organized by the NAMES Project Foundation, an organization that works to foster healing, heighten awareness and to inspire action in the fight against HIV and AIDS through the quilt.

### LETTER TO THE EDITOR

## We didn't forget

In response to KJ Fuhrman, broadcasting student, in the Nov. 22, 2004 issue of SPOKE:

We didn't forget! As we move more and more into the technological age, it seems that we rely on media, like the TV, the newspaper or the Internet to lead us to the things that are important. I wonder what technology my grandfathers had to take them into the First World War. In fact, my understanding was they took with them grit, courage, strength of character and personal will to make lives better for themselves at the time and for the rest of us who follow. They wouldn't have needed a TV or Internet connection to show them what was right or how to show the proper respect for an occasion. They used the resources they had at hand and were thankful to see another day.

We're all disappointed that our technology let us down prior to the Remembrance Day ceremonies. As the gap widens between those who served and those who appreciate what has gone on before them, we do rely

on technology to keep us in touch. What goes on behind the scenes to bring this information instantly into the Sanctuary is not something accomplished with the snap of a finger. In fact, when it became obvious that we wouldn't get the broadcast on in time, I requested those working on it to stop — to observe the silence at 11 a.m. — and then to continue bringing the rest of the service to the viewers in the Sanctuary.

All of us at the CSI office hope sincerely, that the lack of technology didn't prevent a single student from acknowledging the sacrifices made by others to enable us to have the things we have today, to enjoy them in the freedom we do, including the right to speak their mind when they feel strongly about something.

In the words of the late Sir Winston Churchill, "We make a living by what we get, we make a life by what we give."

Judy Dusick,  
general manager  
Conestoga Students Inc.

DECEMBER



Nov 29 - Dec 3

tribute to

ROCK

bands everyday  
NOONCONESTOGA  
STUDENTS INC  
REPRESENTATION

Student Forum

VOICE YOUR OPINION

12pm - 1pm

DECEMBER 1ST

SANCTUARY

AGENDA:

DIRECTORS' COMPENSATION  
DIRECTORS' ACCOUNTABILITY  
ACTIVITIES/EVENTS  
SANCTUARY UPDATE  
STUDENT PRIORITY FEE

# Plus-sized clothing at petite prices?

By DENISE MULLER

If you're a woman who wears a size 14 or higher, you probably live in constant fear of being stuck in a baggy sweater and sweat pants or the dreaded muumuu because most stores don't carry your size or it costs too much.

There are a fair number of plus-sized clothing stores or clothing stores that carry plus sizes in the Kitchener-Waterloo area, but a lot of the plus-sized prices aren't exactly petite.

Stores like Addition-Elle and Pennington's are plus-sized clothing stores with bulky prices. Reitmans and Sears have a plus-sized section, but their prices aren't any slimmer. Stores like Old Navy and Zellers also carry the bigger sizes for a smaller price, but generally the selection and quality leave the consumer wanting more.

Readers might be interested to know that Reitmans owns Addition-Elle and Pennington's.

So, the big question is, why are plus-sized clothes more expensive? Sorry ladies, but the rumours are true, it's no government conspiracy, bigger clothes need more fabric.

But, then why can stores like Old Navy and Zellers keep their prices so low?

The assistant manager at Addition-Elle on 46 Pinebush Rd. in Cambridge said stores like Old Navy buy their merchandise in bulk from overseas.

Stephanie Ndhlovu, 24, said Addition-Elle also purchases its merchandise from overseas but buys it select.

"I feel the quality here (Addition-Elle) is a little more guaranteed," she said. "You can wash it a thousand times and it still doesn't fall apart."

At Old Navy, prices range from \$12.99 to \$68 for a blazer, compared to \$39.99 to \$99.99 at Addition-Elle, \$39.99 to \$69.99 at Pennington's, \$34.99 to \$70 at Reitmans and \$89.99 to \$149.99 at Sears.

Even a more common and basic item, like a fashion top, has a wide ranging price across the board. At Zellers, the prices range from \$12.97 to \$29.97; at Old Navy, \$22.50; Sears, \$24.99 to \$54.99; Reitmans, \$17.99 to \$50; Pennington's, \$19.99 to \$39.99 and Addition-Elle, \$10 to \$49.99.

The store manager at Pennington's Warehouse on 600 Hespeler Rd. in Cambridge said the reason some of the plus-sized clothes are more expensive is because they are tailored to the plus-sized female body and are cut differently than plus-sized clothes originally intended for a regular-sized body.

"They (the consumers) don't want to be in fat people's clothes," said Noria Jones, 45. "They don't want clothes that look like tents."

Jones said Pennington's has really worked to make its clothes fashionable.

"Just because you're a plus-sized woman doesn't mean you have to wear a muumuu or a tent," she said. "You can look good."

If you want to fill your wardrobe with clothes from Zellers, Old Navy and Sears, you might end up with an empty closet. Whereas, if you want to fill your wardrobe with clothes from Addition-Elle, Pennington's and Reitmans, you might end up with an empty wallet.

With dress shirts starting at \$29.99 to \$49.99, or two for \$79.99 at Addition-Elle and \$22.99 to \$46 at Reitmans, and Pennington's landing somewhere in the

middle, you might just be prone to running over to Old Navy, Zellers or Sears.

But then you will run into some other complications. Not only are the dress shirts at Sears \$44.99, but the plus-sized section in the store is so small that the selection is minimal, and not very fashionable either.

Although Zellers (\$19.97) and Old Navy (\$8.99 to \$36.50) have the better prices, the pickings are still slim since all the plus sizes aren't always available.

The other problem is Zellers only carries sizes 14 to 20 and Old Navy 15 to 21.

Don't think Reitmans or Sears are your ticket to the bigger sizes either. They only carry 14 to 22 and 16 to 24, consecutively.

Addition-Elle has 14 to 26 and Pennington's goes up to 32.

If you're looking for dress pants to go with that dress shirt, forget Zellers. They don't have any. At Sears, they're only \$34.99, which is OK if you and your grandma want matching elastic waistbands.

At Old Navy the pants run from \$29.50 to \$46.50 and \$36 to \$50 at Reitmans. Pennington's and Addition-Elle are both selling theirs for \$39.99 and \$49.99, or two for \$79.99 at Addition-Elle only.

At Sears, another downside is the sizes vary by manufacturer. A 16 in the Jessica Plus line may only be a 14 in the TanJay line.

The sales team leader said a lot of the styles are designed for the older lady.

Joanne Cavan, who is in her 40s, said Sears is "getting better at styles and the amount of clothes we're getting in."

Although there aren't any free membership cards available for the frequent shopper, coupon packages are available in the store for \$24.

The coupons are for all sections of the store and can be used when an item is on sale as well.

If you're more of a casual dresser and like your tees and jeans, Old Navy and Zellers are the places to go. Although Pennington's, Addition-Elle and Sears do carry casual garb, their prices are too steep or their selection too limited.

Several attempts were made to contact representatives from Zellers and Old Navy, but no one was available for comment.

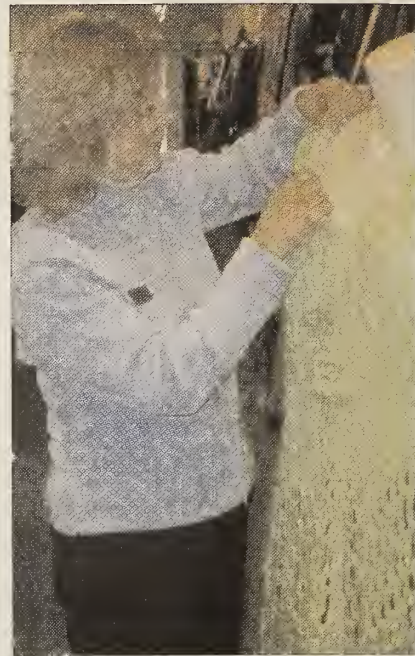
If you are a low-price shopper, expect to pass on that fashion top you just fell in love with, because it might not come in your size at that big box store. Or, you might have to come back another day to find what you want.

Also, you may find what you're looking for, but the underwear section is on the other side of the store and the jewelry, pyjamas and winter wear are at opposite ends. And let's not forget about the relentless rummaging through muddled racks in hopes that your size is hidden somewhere in there.

Stores like Addition-Elle and Pennington's seem like a haven when it comes to selection. These stores carry lots of casual wear, dress wear, formal wear, pyjamas, lingerie, thongs, underwear, bras, jewelry and winter wear and it's all wrapped up in one nice little store-sized package.

"One of the great things about Pennington's is, we like to be a one-stop shop," said Jones.

Both Addition-Elle and Pennington's carry MXM (maximum), a clothing line geared towards the 15- to 35-year-old age group. The clothes are chic, and as Jones called them, fashion-forward.



(Photo by Denise Muller)

Noria Jones, the manager of Pennington's Warehouse in Cambridge, shows off one of the many articles of clothing available at the store.

"(We want) to give them something they can go out clubbing in when they're with their skinny friends, who are dressed nice and sexy, they can do the same thing," Jones said.

"We want it (MXM) to be like Tommy Hilfiger, but not that expensive."

Both stores also have regular promotions and sales every week or every two weeks.

Each store has a free membership program that not only notifies the customer of sales two weeks in advance, but also allows her to receive 10 per cent off of all merchandise on and around her birthday. As well, with the membership, one point is allotted for every dollar spent at the store. When 500 points have accumulated, a \$25 gift certificate is awarded to the member.

"So when you come in the door, we can greet you and tell you, 'this is our promotion for the day,'" said Jones.

Both stores also have a no-hassle return policy.

"Our promise is, if you're not satisfied with your purchase, simply return it. That's the promise."

Jones said Pennington's stands behind what they sell.

"It doesn't matter if it's on sale, or you bought it a year ago or you've worn it five times."

However, make sure you hang on to your receipt.

The staff at both stores is committed to the customer and wants to help them find everything they are looking for.

"I think, really our store is about empowering women and how they feel about their body," said Ndhlovu.

"We get the women in here who are very excited about their curves, who are celebrating their curves, and that's something that we also want to take part in and dress them well."

Ndhlovu said the clothes are not just custom made for the consumer's body but also for their attitude and how they feel.

"It doesn't matter what size you are," she said. "It's about enriching yourself, enriching your mindset about what and how you feel and how you look."

# Golden Girls take on 21st century

By JENNIFER ORMSTON

If you have often found yourself humming the familiar tune Thank You for Being a Friend, you'll be happy to learn the first season of Golden Girls was released on DVD on Nov. 23.

The Emmy-winning situation comedy, which aired from 1985 to 1992, follows the daily lives of four single, senior women living in sunny Miami Beach, Fla.

Blanche Devereaux is a man-eating widow who, after falling into financial hardship, is forced to look for roommates. Rose Nylund, a small-town widow, and Dorothy Zbornak, a divorced teacher, answer her ad. Later, Dorothy's mother, Sicilian-born Sophia Petrillo, is forced to join the trio after her nursing home burns down.

In the first season, the "girls" work through various dilemmas: Blanche's expanding waistline, Rose's job loss and Dorothy's fling with her ex-husband. In all cases, the predicament is solved over a midnight chat and cheesecake in Blanche's kitchen.

In the series pilot, one of 25 episodes in the set, Blanche is devastated to discover the man she plans to marry is a bigamist. Her loyal roommates provide solace for her heartache, and Blanche soon realizes her friends are all the support she needs.

Fans of the show can easily be

found among the Conestoga College community.

Nursing student Heather Henderson, 30, for instance, said she has always found the Golden Girls entertaining.

"I can relate to all the women, but especially to Dorothy because she deals with her aging mother just as I did with my elderly grandmother."

Victoria Cronin, 19, a bachelor of science and nursing student, asked, "Who was the one who liked the men?"

"Oh yes, Blanche. That's the one I most relate to."

The show is hilarious, said Evie Nyssonen, 23, whose favourite character is Rose.

"I like the Golden Girls because it is about older women; however, they seem really young for their age."

Shannon Carey, 26, who works for the college's security department, said she sees some of herself in Sophia.

"She is a spitfire who is always getting into trouble, having fun and making light of situations."

It is just a good comedy, she said.

Although the Golden Girls are in their golden years, young people can still relate to their lives.

For instance, in one episode Blanche must return to college and complete a few credits before she is eligible for a promotion at work. She soon discovers psychology is not her strongest subject and

approaches her teacher for assistance. He offers her two choices: failing or private tutorials in his bed. With the help of her friends, Blanche passes the exam, by studying not copulating.

References to the Golden Girls have even become mainstream with characters on the highly rated teen drama The O.C. comparing their personalities to its characters.

The show's appealing storyline did not die with the series finale in 1992; any true devotee of the Golden Girls cannot deny the parallel plot structure between it and the recent hit Sex and the City.

The premise is the same: four single women, living in a big city, who together deal with the tribulations of life, love and money.

The distinctive personalities of characters on each show even bear striking resemblances. Blanche and Samantha share a strong passion for the opposite sex, and neither is discreet about her dalliances. Rose and Charlotte are somewhat naïve, but they also have the sweetest temperaments of the members in their prospective groups. Dorothy and Miranda both possess pragmatic dogmas about life and love and are often the first one turned to when the others need advice. Finally, Carrie and Sophia, the two with the fewest superficial similarities, share a quirky and sarcastic sense of humour.

All in all, the Golden Girls is a



(Internet photo)

Clockwise from the top, Rue McClanahan, Betty White, Beatrice Arthur and Estelle Getty starred in the hit comedy the Golden Girls. The first season of the show is now available on DVD.

show about friendship.

It teaches its female audience that there is a happy life waiting for them, and it doesn't necessarily include a husband, a dog and a white picket fence.

All you need are friends to travel with down the road and back again.

The first season of the Golden Girls is available at Future Shop and at [www.chapters.indigo.ca](http://www.chapters.indigo.ca) for \$41.99.

# Eminem's new CD enjoyable but despicable

By MELISSA HANCOCK

Guess who's back. Back yet again. That's right, wickee wickee, Slim Shady.

Eminem's much anticipated CD has finally arrived. Fans, I'm sure, will be thrilled with his album Encore that was released in early November.

What about those who are trying to like Eminem, but simply can't seem to let his lyrics wrap around their eardrums?

I guess I'm one of those people who can be a huge fan one week and then absolutely despise his music the next.

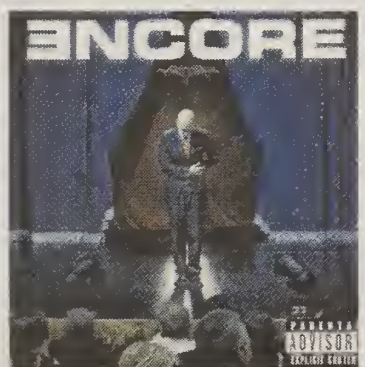
The album has been packed with 20 tracks and a three-track bonus CD is included. A bonus CD is usually used for marketing purposes. When fans hear the word bonus, it can be assumed they'll be getting something great.

With a whopping 12 minutes and 16 seconds of bonus material, impressive is not the word to describe it. In the second track on the bonus CD Love You More, Eminem leaves listeners to assume he is rapping about his ex-wife Kim. The lyrics are, as usual, quite explicit, dark and angry. Well, that's funny, haven't we heard several songs like this before from the artist? I thought so.

He even says in the song that he knows people are probably tired of hearing about his situation with his ex. Why not try rapping about something else for a change?

It's definitely original to create songs and almost paint a picture with the colourful lyrics, but in the song Crazy In Love the words,

"One minute I wanna slit your throat, the next I wanna sex," don't give off a very positive image. Not to say all songs should be filled with rainbows and fluffy bunnies, but my stomach can't handle some of the images he creates. Maybe that's why his work makes such an impact on listeners.



It seems to be a typical role for Eminem though. He can always be expected to rap about how hard his childhood was, how bad his relationship was and how he just can't get away from the media. The media is part of the entertainment world. So many stars want to be left alone and yet, media coverage plays a massive part in their rise to stardom.

Yes, some forms of media take things a little over-the-top with photos and so on, but let's not forget the positive coverage.

It's hard to compile a positive review though, when one of the first images to be seen in the CD's booklet is Eminem pointing a handgun into a crowd of people who were applauding him in the previous photograph. Then, flipping to the following pages images

can be seen of people with gunshot wounds and blood seeping into their neatly pressed clothing. I get the fact that he's trying to make a statement and all that, but it just doesn't seem appropriate.

However, that is how a lot of artists get their 15 minutes of fame, through controversy. What a wonderful fixation fans get when someone picks up a microphone and spits out some harsh words.

Although in the song Ass Like That, the lyrics, "You make my pee pee go da doing doing doing," had me confused as to whether he was writing these words for the listening pleasure of his fans, or for his young daughter Hailie.

One admirable thing about Eminem is that he doesn't completely spell out his thoughts in some of his songs. The song Rain Man has got to be one of the more enjoyable tracks for that very reason. He makes a comment about President George W. Bush. He raps, "When am I gonna come to my good senses? Probably the day Bush comes to my defenses."

The popular track Just Lose It has also stirred up, yes, you guessed it, more controversy.

The music video shows Eminem clad in identical attire as Michael Jackson has been seen wearing and is seen on a bed with children while he raps the lyrics, "Come here little kiddies, on my lap..."

He then says he was not taking a stab at Michael, but rather using it as a metaphor. Sure.

As expected, a song for Hailie can be found on the new album. Mockingbird shows the soft spot Eminem has in his heart for his

daughter, and so he should. It is compelling to hear how he's trying to give her the life he never had. Although she will never lead a normal life due to his celebrity status, he explains how he tries to make her happy.

All in all, the CD is typical, enjoyable, despicable, disgraceful, enlightening and everything in between.

Eminem has made millions of

dollars somehow and I'm guessing it's because the majority of his CDs are just like Encore, but typically fads get old and soon the famous rapper will have to find new ways to intrigue his audience. Until then, I'll still be sitting on the fence waiting to decide whether I truly enjoy his music or not.

I give this CD three stars out of five.

## \*\*\*\*IMPORTANT REMINDER\*\*\*\*

**Application deadline to request tutoring  
Is December 1, 2004**

**A tutor may be able to  
help - there is still time - don't delay!**



**Applications available in Student Services  
Room 2B04**





# Tribute to Rock

NOV 29 NOV 30  
DEC 1 DEC 2

VACUITY NOV 29 11:30am

DAVID GALLAGHER NOV 30 11:30AM

RIDES AGAIN DEC 1 11AM

FLATLINED DEC 2 11:30AM

IN THE SANCTUARY

## STRESS FREE ZONE

aromatherapy - massage  
healthy snacks - reflexology  
- handouts -

Please Drop In!

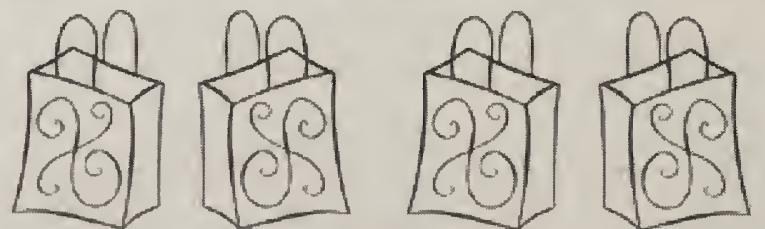
Brought to you by:  
Student Services

ROOM: 1B26

TUESDAY, DECEMBER 7th  
10:30am-1:30pm

## DISCOUNT SHOPPING TRIP VAUGHAN MILLS MEGA MALL

SAT. DECEMBER 4TH  
BUS LEAVES COLLEGE AT 9AM  
BUS LEAVES MALL AT 4PM



MUST SIGN-UP IN THE CSI OFFICE  
BUS FEE IS \$5.00

# Horoscope

Week of Nov. 29, 2004

## Aries

March 21 - April 19

Are you going to stand up or sit back down? Take your pick soon before the moment passes you by. You don't have time to waste on the next big decision in your life.

## Libra

September 23 - October 22

Don't believe in Santa? No worries, the holidays have become important to you for different reasons, spending time with good friends and family.

## Taurus

April 20 - May 20

You may not be the next top model but your partner thinks you're the most beautiful person they have ever seen. Hang onto them, they're a keeper!

## Scorpio

October 23 - November 21

Time is flying by so fast you can't remember if you are getting your work done or not. Take it slow; you might be missing some important steps.

## Gemini

May 21 - June 21

U2 said they can't live with or without you and you're wondering if you can't live with or without that certain someone. Stop wondering, you definitely need him or her in your life.

## Sagittarius

November 22 - December 21

Velvet Revolver said you are falling to pieces. Get out the crazy glue and put yourself back together. You'll have to be strong for yourself if you want to keep it together from now on.

## Cancer

June 22 - July 22

The power you hold with your persuasive charm knows no bounds. If you want a better position at work you can't lose if you don't ask. You are in a good place to get that promotion.

## Capricorn

December 22 - January 19

Money is no object for you this week. You know what you want and you're going to get it. If you could take an extra second to weigh the good with the bad it wouldn't matter, you're too driven.

## Leo

July 23 - August 22

Money won't buy you happiness and let's face it, you didn't have much money to begin with. Be happy with what you have and consider everything else above that a bonus.

## Aquarius

January 20 - February 18

Get back to work! If you've got time to read the horoscopes you've got time to prepare for exams. You usually put things off to the last minute and just like every time before, you'll be sorry.

## Virgo

August 23 - September 22

You are feelin' sexy. Maybe you should be exploring your sensual side, it won't take much to get you in the mood and this is rare for you so take advantage.

## Pisces

February 19 - March 20

Liar liar pants on fire. Don't try to talk yourself outta this one. Best-case scenario would be to face the truth and take your licks. It might hurt your pride a little but it must be done.

Janet Morris is a 2nd-year journalism student in tune with the universe.

# Much-anticipated Halo 2 seems to live up to the hype

By JASON SONSER

Those who know it have either beaten it or have a pretty good grasp of what it is. What some may still wonder is what exactly is Halo 2.

Halo 2 is an Xbox game which allows players to play in the first person and is the sequel to the original Halo which was released in 2001.

In Halo 2, the player takes the role of a character named Master Chief, a genetically-enhanced soldier, and goes through a variety of missions to protect humankind from an alien race known as the Covenant.

Released on Nov. 9, Halo 2 was developed by Bungie Studios and published by Microsoft Game Studios.

Reza Niazmand, a sales representative for the media and wireless departments at BestBuy's Kitchener location, said all the hype about Halo 2 was because of the first Halo.

"Halo 2 is phenomenal because of the first Halo," Niazmand said. "There was such big hype for it that everyone got it on the first day (it was being sold) rather than getting it a day or two after."

Niazmand said BestBuy had 480 copies of both the limited collector's edition of Halo 2 and the normal Halo 2, and about half the stock was sold on the first day.

The Limited Collector's Edition includes another disk that contains special content including the making of Halo 2 and features on deleted cinematic scenes and characters, art, etc.

Dan Maloney, 18, a second-year biology student at the University of Waterloo, also said that Halo 2's hype was thanks to the first game.

"Halo was put together so well, and people just wanted more, so that's why there's a lot of hype about Halo 2," Maloney said. "The fact that Halo 2 took a long time to

come out made the hype build up even more."

Niazmand said the game was supposed to be released a year ago and that is another reason why it was such an anticipated game.

"The fact that they didn't release it when they said they were going to (increased interest)," he said.

Niazmand said one of the reasons why Halo 2 kept getting pushed back was because when the game was being produced, some of the material was stolen, so the producers had to start over again.

"Halo 2 carries the basic idea of the first Halo; they kept the same characters and you're walking around and shooting aliens," he said. "They took all the features that the first Halo didn't have, and they threw it in Halo 2, like being able to carry two guns, being able to jump on vehicles and knock people off them."

Maloney said the best thing about Halo 2 is the game play.

"Halo 2 is fun, action-packed,

and has a decent story," Maloney said.

Some of the new features in Halo 2 include the ability to hold and use two guns at the same time, new maps and weapons, new vehicles, and Xbox Live support.

Xbox Live allows players to connect to the Internet and play with other players from around the world.

Niazmand said another big thing about Halo 2 is you can either play as the humans or as their alien enemies, the Covenant.

"In Halo 2, you can actually play the Covenant, so you get an idea of what their goals are in the game," he said. "The entire storyline behind (the Halo series) is still kind of blurry, even after Halo 2. So the fact that they clarified it a bit through another view, and they added some extra functions, make it a really good game."

However, Niazmand said he was quite disappointed with the game's ending. Halo 2 ends with an unexpected cliffhanger.



(Internet photo)

Improved graphics and new maps, vehicles and weapons; Halo 2 is everything Halo fans wanted.

## COUNSELLOR'S CORNER: DEPRESSION

Most of us have experienced waking up in a bad mood or "feeling the blues". These feelings are usually of short duration and have minimal impact on our lives. Some people experience sadness, loneliness, hopelessness, self-doubt, and guilt for weeks, months and even years. These experiences characterize depression, an illness believed to affect one in ten.

Here are some signs which might indicate that you or someone you care about is experiencing depression:

**FEELINGS**- loss of joy in formerly pleasurable activities; crying a lot or feeling emotionally "empty"; hopelessness; worthlessness; loss of warmth towards key people in life; loss of sexual desire; deep sense of shame or self-doubt.

**PHYSICAL**- overwhelming exhaustion and lack of energy; insomnia or sleeping too much; loss of appetite or over-eating; physical aches and pains; digestive problems; headaches.

**BEHAVIOUR**- irritability, withdrawal; neglect of responsibilities or appearance; reduced concentration, memory or ability to cope with daily activities.

If these symptoms persist, or if their intensity is causing you to consider suicide as an option, it is important to seek assistance with a knowledgeable professional. On campus, counsellors are available in Student Services; a nurse and doctor are available in Health Services (Room 2B06).

A Message from Student Services

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**THIS WEDNESDAY**

**WEDNESDAY DECEMBER 1ST**

**12-1PM SANCTUARY**

AGENDA:

DIRECTORS' COMPENSATION

DIRECTORS' ACCOUNTABILITY

ACTIVITIES/EVENTS

SANCTUARY UPGRADE

STUDENT PRIORITY FEE

# Auto-racing series crowns champions

By BRENT GERHART

An action-packed racing season finished on Nov. 21 when Kurt Busch won the 2004 NASCAR Nextel Cup championship at Homestead-Miami Speedway's Ford 400.

Busch finished fifth in the race to win his first-ever championship.

Jimmie Johnson, who trailed Busch by 18 points going into the race, finished in second, three places ahead of the champion, but only managed to gain 10 points in the final series standings, leaving him eight points shy of the points-leader.

Johnson was not the only person in the championship hunt.

Prior to the race, Jeff Gordon, a four-time NASCAR champion, was only 21 points behind Busch, and Dale Earnhardt Jr. and 22-year-veteran Mark Martin were also in striking distance.

The five drivers were separated by only 81 points, which setup for the closest finish in championship history.

Although Busch came out of Homestead, Fla. as the series champion, he did have some problems to deal with.

Early in the race, Busch's No. 97 Roush Racing Ford suffered a broken right front wheel, which almost put his car into the wall separating the racetrack from pit lane.

Although the occurrence dropped Busch back to 28th, the 26-year-old managed to keep pace with the rest of the pack by staying on the lead lap.

Busch finished the 2004 season with three wins, 10 top five finishes, 21 top 10 finishes, 6,506 points and more than \$4 million in earnings in 36 races.

NASCAR was not the only major racing series running this year.

The Formula One (F1) racing series wrapped up its 2004 campaign on Oct. 24, in Sao Paulo, Brazil, with Michael Schumacher winning his seventh championship.

Although Juan Pablo Montoya won the Brazilian Grand Prix, Schumacher finished the race in seventh, and still comfortably won his fifth championship in a row.

Schumacher's closest competition came from Rubens Barrichello, who finished the season with 114 points, 34 points behind his Ferrari teammate's 148.

Jenson Button, Fernando Alonso and Montoya, a former CART and Indy 500 champion, rounded out the top five.

In total, the 35-year-old German dominated another F1 open wheel racing season, winning 13 of 18 races, including two stretches over the season where he had streaks of winning both five and seven races in a row, or 12 of 13 races combined.

North America's premier open wheel racing alternative, the Champ Car World Series (CCWS), formally known as Championship Auto Racing Teams (CART), enjoyed a successful first season under new ownership.

The CCWS season concluded on Nov. 7 at the Mexico Grand Prix in front of a race weekend total of close to 400,000 people.

Race winner, Sebastien Bourdais, won his first CCWS title in just his second year in the series.

However, the Vanderbilt cup victory was not easy for the 26-year-old Frenchman, as his teammate, Bruno Junqueira, who started the race only 27 points behind, finished second in the race, and second in the points championship for the third year in a row.

Bourdais finished the season with 369 points, winning seven of 14 races, finishing on the podium for nine races and starting from the pole-position for eight races.

Canadians Patrick Carpentier and the 2003 series champion, Paul Tracy, finished third and fourth, and Mario Dominguez of Mexico rounded out the top five.

The CCWS believes its 2004 campaign was a success and is already looking to expand its market next year by adding races in San Jose, Edmonton and Korea.

In 2005, CCWS will be the last major racing series to start their season, as its green flag will drop on April 10 in Long Beach, whereas F1 will begin on March 6 in Australia, and NASCAR will start the racing year on Feb. 20 with the Daytona 500.

## CONCENTRATING WHILE STUDYING

Here are a few hints to boost your concentration while you're studying.

### If you find that ...

**You can't decide how to start** – plan ahead and stick to your study schedule. Why? Because study plans make studying easier and ensure that you cover all the material.

**You daydream** – take a break and then get back to work. Why? Because breaks refresh and energize you making your study sessions more productive.

**You can't stop thinking about personal problems** – jot the problem down in a few words and resolve to deal with it later. Why? So that you can focus on your studies without ignoring problems.

**You never seem to get enough done** – set reasonable and achievable goals. Why? So you can avoid the frustration of trying and failing to meet unrealistic goals.

**Your brain is tired of thinking** – divide your study time into chunks. Why? This makes sure you don't study any one topic for too long.

**You are squinting or straining your eyes** – study in a well-lit space, it's crucial. Why? Because proper lighting is important when you study.

**You're distracted by noises** – try studying in the library or in a quiet area. Why? Because memory and understanding are greatly affected by noise.

**You're disorganized** – have all the necessary tools at hand, such as pens, pencils, dictionary and paper. Why? So you won't have to interrupt your study time to look for them.

To make an appointment for learning strategy assistance, visit the Student Services Office.

A Message from Learning Strategies

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>



(Photo by Kristen McMurphy)

### Making a pit stop

Canada geese take a break for a dip in Conestoga's pond Nov. 21 before continuing their journey south for the winter.

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### How to Enter (Text Message):

1. Enter your Text Message option and Enter new message
2. Enter the SMS number (69798) in the "to:" column
3. Enter how many cell phones you think are in the BMW (i.e. 7500)
4. Click send. Done! A reply will be returned and you are entered.

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# Hockey is alive at Conestoga

By JAMES CLARK

Students itching to play competitive hockey for Conestoga College have received an early Christmas present.

Men's and women's extramural hockey teams have been formed, with each team possibly playing in three tournaments over the next few months. Both teams played in their first tournament of the year at Humber College on Nov. 19.

The men's team performed well at the tournament, with a 2-2 record. The women's team lost their first game of the tournament in a shoot-out. They also dropped their second game, but managed to grab a victory in their final game.

"I was quite impressed with the skill level."

*Marlene Ford,  
athletic director,  
Conestoga College*

Marlene Ford, the athletics director for Conestoga, said she was impressed by the calibre of the competition.

"I was quite impressed with the skill level," said Ford, adding that the women's games were a lot rougher than she expected them to be.

A total of 16 men's teams and eight women's teams competed in

the day-long event.

Last year the men's and women's teams played in only one tournament. But, due to increased interest from both the men and women, it was decided to compete in more tournaments.

"We aren't having any men's varsity hockey and there are a lot of women who were interested in playing more this year," said Ford. "This is all that we could offer the students."

Ford said she expects the women's team to do well in future tournaments, noting the team has a lot of strong forwards.

Kevin Clancy, the head coach for the men's team and former employee of Conestoga's physical resources department, said his team should also do well in the tournaments.

"I've seen a lot of varsity teams while working here and the talent on this team is as good as any of those teams," said Clancy.

"I wouldn't really say that I'll have an elite player in the league, but I don't have any weak players either. The talent was above average across the board."

Ford said the date of the next tournament has not been finalized, but it has been confirmed both the women's and men's team will host a tournament in February.

Clancy said his players will be working hard so they do well in that tournament.

"That one is going to be like our Stanley Cup."



(Photo by James Clark)

Players of Conestoga's men's extramural hockey team run a drill at the rec centre. Both the men's and women's teams played in their first tournament of the year at Humber College on Nov. 19.

## Argos' Allen is ageless

### Twenty-year veteran comes up big in Grey Cup

By JON YANEFF

Damon Allen was the difference in this year's Grey Cup, as he led the Toronto Argonauts to a 27-19 victory over the B.C. Lions in front of a sell-out crowd of 51,242 at Frank Clair Stadium in Ottawa Nov. 21.

Allen, 41, the former Lion, scored a pair of touchdowns on one-yard plunges and threw for another leading the Argos to their 15th Grey Cup championship and first since winning consecutive cups in 1996 and 1997.

The 20-year veteran, who is the Canadian Football League's (CFL) all-time passing leader, was named the game's most valuable player. In five appearances in the championship, Allen has four Grey Cup rings. His last championship was in 2000 when he won with the Lions. Allen also won the Grey Cup MVP in 1993 when he was with the Edmonton Eskimos.

The Lions, led by quarterback Dave Dickenson, started the game strong by throwing a touchdown to wide-receiver Jason Clermont on the first drive of the game. Clermont is the league's and the 2004 Grey Cup's outstanding Canadian.

However, the Lions offence grew lethargic, allowing the Argos to get rolling as Allen threw a 23-yard touchdown pass to Robert Baker to take a 17-10 lead at halftime. Baker had six catches for 101 yards for the Argos in the game.

The Tragically Hip performed during the halftime show, playing two songs, one of which was their 1999 release *Courage*, which maybe gave some of the players a boost.

It clearly boosted the Argos as early in the third quarter Allen ran for his second one-yard score increasing his team's lead.

In the fourth quarter Dickenson tried to mount a comeback for B.C. by rushing for a seven-yard touchdown. After the score the Lions were twice called for procedure while trying for two point converts. Kicker Duncan O'Mahony then missed the extra point field goal attempt. O'Mahony made two field goals during the game.

Toronto's running-back John Avery rushed for 75 yards on 11 carries while the Lions back, Antonio Warren, carried the ball 18 times for 160 yards rushing.

Dickenson was a surprise starter over the CFL's most outstanding player, Casey Printers, who led the league with 35 touchdown passes this season.

Printers was suffering a bit from a shoulder injury so Lions head coach Wally Buono gave Dickenson the nod since Printers struggled in games the Lions played against Toronto during the regular season.

Michael "Pinball" Clemons picked up his first Grey Cup as head coach after winning three as a player for Toronto. Clemons becomes the first black head coach

to win the championship.

The Argos got to the Grey Cup by upsetting the heavily favoured Montreal Alouettes 26-18 in Montreal during their East Division championship game.

In the Argos regular season finale against Montreal, they got pounded 56-20. Clemons decided to rest some of his players for the playoffs in the defeat but his team beat their division rivals when it really counted.

After Toronto lost this game B.C. head coach Wally Buono told the media the loss was an embarrassment to the CFL. After his team lost the Grey Cup, it is clear the Argos come prepared when it really counts.

Toronto also beat the Hamilton Tiger-Cats 24-6 in the East Division semifinal.

B.C. got to the championship game by beating the Saskatchewan Roughriders in the West Division championship 27-25 in overtime.

The Toronto Argonauts turned around their franchise from bankruptcy in only one year after the league took over the team when former owner Sherwood Schwarz couldn't pay the team's bills.

Toronto was rescued by new owners David Cynamon and Howard Sokolowski, giving the Argos and their fans reassurance on and off the field.

The Argos celebrated their Grey Cup victory with a parade which took place in downtown Toronto Nov. 23.

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